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January 15, 2000

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Secretary,
U. S. Dept. of Health and Human Services
200 Independence Avenue, SW
Washington, DC 20201

Attention: Donna Shalala

Subject: FOOD IRRADIATION, ETC.

Dear Ms. Shalala:

I am extremely concerned regarding the food available to us, the public. No one seems to care about the purpose of food and what our bodies need from it.

Most of what is in the market is what I call "plastic food" ... devoid of minerals or vitamins. I'm tired of gassed tomatoes with no flavor for example. They're pitiful imitations.

I'm fed up with pesticide sprays on my food. Once, upon washing strawberries in my stainless steel bowl, I was alarmed to find a leftover, oily residue in my bowl afterwards. I live where strawberries are grown and sold on the roadside. They're beautiful. I don't ever buy them any more.

Why do we have to fight so hard for real, unadulterated food?

Now we get to add genetically engineered foods to our list of concerns. The ramifications on our environment are yet to be known.

Are you aware of how much sugar each person consumes on a daily basis? Do you know that diabetes is climbing, the kind that adults get later in life? Being hypoglycemic, I need to pay attention to sugar items so I've read a lot of labels (thank goodness for the labels). Some lunch meats contain sugar but the one that really surprised me was soda crackers!

As for irradiated food, as any other foods, I want a choice. I WANT LABELS. I want to know as much as I can about the food. I will not choose irradiated food. I've even thrown away my microwave oven.

Where is the common sense behind our food supply? Corporate greed is starving a well fed nation. Our bodies are not being nourished on a cellular level. We are willingly poisoning our bodies, day by day, little bit by little bit, over and over again with the accumulation of our altered food supply. When will value be placed on foods with the nutritious taste of minerals and vitamins that

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our bodies require?

May I ask you, Ms. Shalala, how do you nourish your body? What is your food source? Is the soil from which it comes rich and vital or tired and overused without replenishment or crop rotation?

If it is the best that can be grown is it alive by the time you eat it? How altered has it been? How is your body benefitting from it

I realize there are some virtues of modern technology. I also think that the intelligence is available to discover healthier solutions without compromising the food quality.

I am also aware that consumers have come to value convenience more than quality.

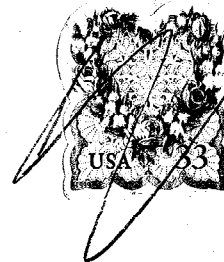
Thank you for hearing me out. You work for a department entitled United States Department of HEALTH and Human Services. I hope that means that you represent an organization that understands health above political pressure. I hope that means that your organization serves the people above all else.

Sincerely,

A handwritten signature in cursive script that reads "Taura Watts".

Taura Watts
Citizen
Concerned Consumer

Box 1323
San Martin ^{Pa} 95046



Donna Shalala
Secretary, U.S. Dept. of Health
& Human Services
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Washington, DC 20201

